

Tropical Times

Serving the Footprint of Freedom



Volume 16, Number 27

U.S. Navy Support Facility, Diego Garcia, B.I.O.T.

July 7, 2006



A Message from the Commanding Officer

Team Diego,

Not much to put out this week after the Independence Day weekend, except to tell you all I was impressed with how smoothly everything went during the four-day weekend. On Wednesday morning the XO and I noted with pleasure that everyone on-island had fun while still behaving themselves and the CMC mentioned how his beeper didn't go off a single time requesting his presence to take care of any incidents. That's a testament to how well we can all WORK and PLAY while serving on Diego Garcia. Good on ya!

I'm sure part of that success is directly related to the DG Morale, Welfare and Recreation Department. Mr. Sullivan and his staff pulled out all the stops to make sure there were plenty of activities and events from Friday morning until we all returned to work. Sunday's picnic was certainly the highlight with the All-American Barbecue and the live entertainment. Remember, MWR is constantly working to provide you the off-duty activities you want, and your recommendations are always welcome. For instance, the paint ball area is just days away from opening (it came about from a suggestion during an MWR/Quality of Life Meeting).



The other ingredient in the great weekend just finished was your dedication to responsibility and safety. As we have discussed, whether you're in the office, on a job site, or participating in a volleyball tournament, safety should always come in as second nature to you. Well done to each of you for making this a priority during the 4th of July 2006 weekend.

Now that the holiday weekend is complete we have to focus on work. July promises to be a busy month for everyone. We have ships and aircraft to support as well as the new Base Operating Support contract to announce and implement. I will continue my tours of each department, office and tenant commands over the coming weeks so I can familiarize myself with how you do what you do as members of the Forward Deployed Naval Forces. I look forward to meeting you.

One last note: the upcoming week for our XO, CDR Mike "Pearl" Harber, will be his last on the island, God and AMC willing. His service to the Navy, me, and everyone here on Diego Garcia has been just spectacular. Please wish him all the best when you see him over the next few days. We all will miss him!

Sincerely and very respectfully, Captain Dougherty

Tropical Times

United States Navy Support Facility, Diego Garcia, British Indian Ocean Territory

Commanding Officer
Capt. Patrick Dougherty

Executive Officer
Cmdr. Mike Harber

Command Master Chief
CMDM(SW) Brad Renollet

Reporter/Photographer
Mass Communication Specialist Joy

Editor
Ensign Caster

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Information Highway

File a Fraud, Waste & Abuse Complaint via the Internet

Log on to the Department of Defense Office of Inspector General Web site at www.dodig.osd.mil and click on the Submit a Fraud, Waste or Abuse Complaint at the bottom of the Web page. Fill in the On-Line Complaint Form. Once you have completed filling in the information blocks, click on "Send Form" once you are finished.

Uniform Center Courtesy Phone

Any uniform items that are not available in the Ship's Store can be ordered using the red telephone in the clothing section. This is a direct line to the NEX Uniform Center. Items normally arrive within 10-14 days of placing the order.

Types of Fats

Submitted by Branch Health Clinic

Fat is the densest form of food we eat. There are three types of fat that comes from food and are always reported in grams. All three are found in foods that come from animals or plants, but the amount varies. Each gram of fat, whether it is saturated, polyunsaturated or monounsaturated, contains nine (9) calories, while carbohydrates and proteins contain only four (4) calories per gram. As a rule, more saturated fat is found in animal than vegetable foods and more polyunsaturated/monounsaturated fats are found in vegetables than animal foods.

Saturated Fats

Cholesterol is also found in foods from animals. Saturated fat is mainly found in foods of animal origin, but some vegetables also have large amounts. These are called saturated vegetable fats and are often found in processed bakery goods and nondairy milk or cream substitutes. As a rule of thumb when shopping, saturated fats are solid at room temperature. When you have a lot of saturated fat in your diet, your liver responds by making more cholesterol. This raises your blood cholesterol level. It is the most harmful type of fat you can eat.

Polyunsaturated Fats

Polyunsaturated fats come mainly from plants. They are liquid at room temperature. Eating polyunsaturated fat can reduce blood cholesterol levels.

Monounsaturated Fats

Monounsaturated fats are mainly found in foods that come from plants. They are liquid at room temperature and can reduce blood cholesterol levels, but less than polyunsaturated fats do. They can, however, raise HDL cholesterol (the "good" kind of cholesterol) levels.

Examples of food high in fat:

Saturated-Monounsaturated-Polyunsaturated
Beef - Avocado - Almonds
Brazil Nuts - Canola Oil - Corn Oil
Butter - Cashews - Cottonseed Oil
Cheese - Olives - Filberts
Chocolate - Olive Oil - Fish
Coconut - Peanuts - Margarine
Coconut Oil - Peanut Butter - Mayonnaise
Lard - Peanut Oil - Pecans
Macadamia Nuts - Safflower Oil
Milk - Sesame Seeds
Palm Oil - Sesame Oil
Pistachios - Soybean Oil
Poultry - Sunflower Oil
Sunflower Seeds
Walnuts

Hydrogenation / Trans Fats

When hydrogen is bubbled through polyunsaturated and monounsaturated fats and oils, they change from their natural liquid form to a more solid form. This makes them saturated, in a process called hydrogenation. These oils may be partly or almost completely hydrogenated or saturated, and thus partly or completely solid at room temperature. This process also causes the oil to develop trans fats, also called trans fatty acids.

Trans fats are what make vegetable margarines have a butter-like texture, and prolong the shelf life of packaged foods. The effects of trans fats are still not known, but it is believed that they, like saturated fats, cause blood cholesterol levels to increase.

Try to limit your use of hydrogenated products. Because manufacturers are not required to list how much trans fats are included in a product, you need to read the list of ingredients carefully. As a rule, you will reduce your intake of trans fats in products using oil if liquid vegetable oil is ranked high in the list of ingredients and hydrogenated or partially hydrogenated oil is listed toward the middle or end. For example, soft tub spreads list water and liquid vegetable oil first, whereas solid margarines list it later.

GALLEY MENU July 8 - 14

Saturday		Wednesday	
<u>Lunch</u>	<u>Dinner</u>	<u>Lunch</u>	<u>Dinner</u>
Chicken Rice Soup Ginger Pot Roast / Natural Gravy Pasta Bar	Tomato Soup Pork Chop Suey Turkey Loaf / Chicken Gravy	Minestrone Soup Spicy Chicken Wings Simmered Beef / Natural Gravy	"MEXICAN NIGHT" Mexican Onion Corn Soup Tacos w/ Condiments Mexican Pork Chop
Sunday		Thursday	
<i>"Brunch"</i> Knickerbocker Soup Minute Steak Fishwich	French Onion Soup Baked Tuna & Noodles Veal Steak / Tomato Gravy	Chicken Rice Soup White Fish w/ Mushrooms Irish Loin of Pork	New England Fish Chowder Philippine Pancit Turkey Pot Pie w/ Biscuits
Monday		Friday	
Lentil Vegetable Soup Southern Fried Catfish / Tartar Sauce Pepper Steak	Beef Noodle Soup Meat Loaf / Brown Gravy Sweet & Sour Chicken	Onion Soup Kielbasa w/ Sauerkraut & Apple Honey Glazed Cornish Hen	Turkey Vegetable Soup Creole Fish Country Style Steak / Brown Gravy
Tuesday		<i>Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock, or to permit the timely use of perishable foods.</i>	
Pepper Pot Soup Grilled Polish Sausage Lasagna	Chicken Gumbo Soup Caribbean Flounder Hungarian Goulash		

One Island, One Team, One Mission!

EMC(SW) Bacay
NSF Equal Opportunity Advisor



One Island - This is a given. The beautiful island of Diego Garcia is strategically located, and is a great asset to the United States Navy, and the nation's interests.

One Mission - It's clear cut, our mission is SUPPORT! We're here to support and assist not only the U.S. Navy, but also the other military services and coalition forces operating in the region, especially in the on-going Global War on Terrorism.

One Team - That's us. Each and every military and civilian personnel in the island is part of the team. To be able to accomplish the mission we need to work as one unit, one team. Each individual must be afforded an equal opportunity to succeed,—through advancement and promotion, recognition, job satisfaction, etc.—and to be able to fully contribute his or her skills and abilities. It is each team member's responsibility, especially those in leadership and supervisory positions, to ensure that all personnel

are afforded a work environment free of discrimination and harassment. Bottom line, treat everyone with respect! Equal Opportunity is Readiness, and here in Diego Garcia we need to be in optimal operational readiness, at all times.

“There is no ‘better’ or ‘worse,’ only different. That difference has to be respected whether it's skin color, way of life, or ideas. Kote Kotah, Chumash

For questions and/or comments please contact or visit:

EMC(SW) John Stephen S. Bacay
Equal Opportunity Advisor
Phone: 370-4127
[E-mail:bacayjs@dg.navy.mil](mailto:bacayjs@dg.navy.mil)
Bldg. 136, Room 206

Diego Garcia Island Church Services

The Chapel in the Palms 370-4601

ROMAN CATHOLIC

Confession/Rosary/Novena
Saturday 7 p.m.
Sunday 7:30 a.m.

Catholic Mass
Saturday 7:30 p.m.
Sunday 8 a.m.
Monday-Friday 11:30 a.m.

Choir Rehearsal
Thursday 7 p.m.

Note: Confession is also done by appointment.

ISLAMIC Jum'ha

Daily 7:30 p.m.

CHURCH OF CHRIST
Sunday Worship
10 a.m.

The Chapel in the Palms 370-4601

PROTESTANT

Traditional Protestant Worship
Sunday 9 a.m.

Sunday Bible Study
9:30 a.m.

Contemporary Protestant Worship
Sunday 10:30 a.m.

Gospel Service
Sunday 1:30 p.m.

Bible Study
Tuesday 7 p.m.
Bible Study
Wednesday 7 p.m.

Iglesia ni Cristo

English Worship Service
Thursday 5 a.m.

Tagalog Worship Service
8p.m.

English Worship Service
Saturday 8p.m.

Camp Justice Chapel 370-4959

Bible Study
Tuesday and Thursday 7 p.m.

Chapel Movie Night
Monday 7 p.m.

General Protestant Service
Sunday 9 a.m.

Fellowship Time
Sunday 10 a.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Sunday Worship
1 p.m.

Hindu Temple

Seabreeze Village
Fellowship Service
Thursday 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Daily Rosary
5:45 p.m.
Theological Formation
Weekdays 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Evening Mass
Weekdays 6 p.m.

Saturday Mass
5:30 a.m. and 7 p.m.

Sunday Mass
8 a.m. and 7 p.m.

Friday Bible Study
7 p.m.

***Confession After Mass**

Palmsville Village Mass
Every First Friday 7:30 p.m.

Prayer Meeting
Wednesday 8 p.m.

Christian's Den

Band Practice
Tuesday and Saturday 8 p.m.

Tagalog Bible Study
Wednesday 7 p.m.

Tagalog Fellowship
Thursday 7 p.m.

**Contemporary
Christian Service**
Sunday 7 p.m.



Command Master Chief's DG Spotlight



The purpose of the DG Spotlight is to reach out and recognize outstanding enlisted military and civilian personnel of all commands who work on Diego Garcia in support of the island mission. This week's DG Spotlight is focused on personnel serving at Security and NMCB - 1. Bravo Zulu and Keep up the great work!

Security



Name: MASR Constance Denise

Job Title: Patrolman

Time in Service: 9 months

Time on Island: 4 months

What I like about my job: "Some people think we just ride around, but if the wrong building is left open and something happens, we could have some real national Security issues."

NMCB - 1



Name: BU3 Kenneth Huffman

Job Title: Crew Member / Builder

Time in Service: 4 years

Time on Island: 1 month

What I like about my job: "Great Seabee work, great MWR, great galley services and most of all great atmosphere."

Alcohol Tolerance

Submitted by FCC S. Keller
SARP, BHC Deigo Garcia

Drinking alcohol is socially acceptable in today's society, can be fun and many people incorporate alcohol into their lifestyle. If you drink, you may have experienced a phenomena called Alcohol tolerance. This is the decreased feeling of the effects of alcohol in alcoholic beverages. This reduced sensitivity requires that higher quantities of alcohol be consumed in order to achieve the same effects as before.

Alcohol tolerance is connected with the activity of a group of enzymes responsible for the breakdown of alcohol in the liver and in the bloodstream. High levels of this activity result in fast transformation of ethanol to more toxic acetaldehyde. Such alcohol breakdown is more

frequent in new drinkers, and less frequent in experienced drinkers. So, among experienced drinkers, the carriers of this enzyme consume lower amounts of alcohol, so this tolerance is not felt.

Heavy alcohol consumption over a period of years can lead to "reverse tolerance." The reduced ability of such a liver to metabolize or break down alcohol which means that small amounts can lead to a high blood alcohol concentration (BAC) and resulting intoxication. A liver can be damaged by alcohol abuse leading to a buildup of fat and scar tissue.

If you recognize this happening to you or someone you work with here on Diego Garcia, it's time to get help. Log on to: www.MilitaryMentalHealth.org to conduct an anonymous self-

assessment or contact FCC(SW) Keller at 370-3738 for a confidential consultation.



Calling all DG athletes!
The Branch Health Clinic is offering custom-made athletic mouthguards to help protect the mouth and jaws.
Call the Dental Clinic at x4213 to make a 30 minute appointment.

NAVY / MARINE CORPS



Energy Conservation Note

"NSF is increasing investment in energy conservation to reduce the Command's reliance on fuels and to combat the rising energy costs. Please ensure all your unmanned space that unnecessary lighting is turned off. Always conserve energy." (For more information contact EN1(SW) Campano, the Eenergy Conservation Coordinator at 370-4525.)

Ship's Store Corner

New Arrivals

Remote Controlled Cars / Race Cars
Remote Controlled Boats / Race Boats
Ladies Underwear hi cut
Yankee Candles /different scents
Sony Camera DIG Cyber shot 8.1 MP
Assorted Microwavable Food

Ship Store Hours

Your Ship's Store will be open at 8 a.m. this Saturday, July 8th. Closing time will be normal. Use those extra two hours to stock up for the weekend, like on our new radio controlled cars.

Ship's Store News

Due to transportation issues, Joz Jewelers will be arriving in early August. Custom cartouches with an engraved name can still be ordered; see fliers in the Ship's Store for details. Instead, the Ship's Store will be hosting Boon's Jewelers this month from Singapore.

Entertainment this Week

MWR Presents:

"Moments Band"

Friday, July 7, Officers Club, 8 p.m. - 1 a.m.

"DJ JM (DJ's Choice)"

Friday, July 7, Jake's Place, 8 p.m. - 2 a.m.

"DG JG (DJ's Choice)"

Saturday, July 8, Jake's Place, 8 p.m. - 2 a.m.

MWR events this Week

Friday, July 7

Sailing Class

Marina

5:30 p.m. - 9 p.m.

Monday, July 10

American Independence Day

Fullmoon Platoon

Fitness Center

8 p.m.

Saturday, July 8

Donkey Gate and Back

Bike Ride

Jake's Place

8:30 a.m.

Thursday, July 13

Powerboat Class

Marina

4:30 p.m. - 6 p.m.

Sunday, July 9

2 Person Beach Volleyball

Jake's Place

1 p.m.

Friday, July 14

10K Fitness Run

Fitness Center

6 p.m.

Main Outdoor Theater

Friday at 8 p.m. - Mission Impossible

Friday at 10 p.m. - Ultraviolet

Saturday at 8 p.m. - Ultraviolet

Saturday at 10 p.m. - Ice Age 2: The Meltdown

Sunday at 8 p.m. - Ice Age 2: The Meltdown

Monday at 8 p.m. - New York Minute

Tuesday at 8 p.m. - Inside Man

Wednesday at 8 p.m. - Slipher

Thursday at 8 p.m. - Big Momma's House

Officers Club

Tuesday at 7:30 p.m. - Mission Impossible 2

Thursday at 7:30 p.m. - New York Minute

CPO Club

Saturday at 7 p.m. - Lemony Snickets: Unfortunate Events

Saturday at 9 p.m. - League of Extraordinary Gentlemen

Tuesday at 7:30 p.m. - Big Momma's House

Wednesday at 7:30 p.m. - Gladiator

Thursday at 7:30 p.m. - Mission Impossible 2

Each movie that plays at the M.O.T. will be replayed the following morning at 11 a.m. in the Turner Club.

*Note: Movies are subject to change!

Liberty Center

Friday at 7 p.m. - Lost In Translation

Saturday at 7 p.m. - King's Ransom

Sunday at 7 p.m. - League of Extraordinary Gentlemen

Monday at 7 p.m. - Fire Wall

Tuesday at 7 p.m. - The Quiet American

Wednesday at 7 p.m. - Big Momma's House

Thursday at 7 p.m. - Gladiator

Major League Baseball

MLB (July 7 - July 10)

Cardinals at Astros (Live) Friday 6 a.m. AFN SPORTS

Reds at Braves (Taped) Friday 1 p.m. AFN SPORTS

Angels of Anaheim at Athletics (Taped) Friday 6 p.m. AFN SPORTS

Red Sox at White Sox (Live) Saturday 6:30 a.m. AFN SPORTS

Twins at Rangers (Taped) Saturday 1 p.m. AFN SPORTS

Padres at Nationals (Taped) Sunday 5 a.m. AFN SPORTS

Cardinals at Astros (Live) Monday 6 a.m. AFN SPORTS

Various Sports

All games are subject to change.

For more information log on to:

www.myafn.net.

Boxing (July 9 & 13)

Junior Middleweight Championship

Roman Karmazin vs. Cory Spinks (Taped), Sunday

1 p.m. AFN SPORTS

Thursday Night Fights

Michael Katsidis vs. Rolando Reyes (Live) Thursday

7:30 a.m. AFN SPORTS

NASCAR (July 1 & 2)

Busch Series

USG Durock 300 (Taped) Sunday 4:30 p.m.. AFN XTRA

Nextel Cup Series

USG Sheetrock 400 (Taped) Sunday 5 p.m. AFN SPORTS

Helping a child cope with deployment

By LT. Marlo Narro

Fleet and Family Support Office

Children may find it very difficult to adjust to the absence of a parent who is called to duty, especially as far away as Diego Garcia. Some children may not understand why a parent has to leave and why they are gone for so long. Some children may be afraid for their parent's safety. Some children may even be angry with a parent for leaving. It's important to keep talking to your child and watching how he or she is handling the separation. Here are some things you may discuss with your child to help them with the deployment.

Help your child understand that he or she has not done anything wrong. Young children may think a parent is leaving because of something they've done. Try to explain that serving in the military, and going away from time to time is the parent's job. Just as going to the factory or office every day is what other parents do for work.

Talk about where you will be and what you will be doing. Post a map of Diego Garcia where the child can see it. Spend some time together learning about Diego Garcia and where it is located. Read a book about Diego Garcia and learn some of the history. Being familiar with and talking about your deployment and daily routines can help your child cope with the separation.

Be honest and give as much information as possible. The child may have many questions about the military, and why a parent has to leave or whether he or she is safe. It's important to give him or her as much information as possible in words that they will understand.

Encourage your child to talk about his or her feelings. Let him or her know that it's OK to admit that he misses you or feels lonely.

Help your child find ways to feel better when he or she is missing you. This could be by making a tape recording of you reading a story. Send pictures of you and favorite places on Diego Garcia. Have your spouse and or family members talk about your deployment with your child. They can tell stories or jokes, or even say things like, "This is the sweater Daddy gave me for my birthday," or "Daddy loves spaghetti, let's have that for dinner tonight." Talking about you will help keep your presence in your child's life.

Tell your child how much you love them and miss them. Sometimes children need to hear reassuring things over and over again. Remind the child of this as often as possible.

Different children may cope differently with deployment. Some children may react by trying to "bend the rules" when one parent is away, while others may have trouble sleeping or feel lonely. Pay attention to the child's behavior and look for any changes that may indicate he needs some help coping.

Maintaining routines. Children thrive on routines and consistency, especially during a difficult time like a deployment. Discuss with your spouse about maintaining regular routines as much as possible during the deployment period. Here are some ways to do that:

Be consistent with discipline. Don't change your "house rules" just because you're gone and your spouse is managing as a single parent. It's important for children to understand that even though things have changed, they can still count on the rules that you and your spouse have established staying the same.

Try to give your child a sense of stability. Try to maintain the same daily and weekly routines. You may also want to establish some new routines or rituals, such as your spouse spending a few minutes at bedtime

talking about your deployment or looking at family pictures.

Encourage your spouse to involve your child in writing letters or e-mails or making things to send. Also send individual letters to your child.

If it's possible, find a way to count down the time until your return in a way that the child will understand. Some families make calendars, while others may fill a big jar with a sticker or candy for each day until the family member returns. There may be some situations in which you may not have an exact date of return or the deployment is extended. If that's the case, you could make a paper chain and add a link for each day that the parent is gone, then use the chain as a decoration when they return.

Plan special outings or activities. A trip to the movies, a visit to the grandparents, or even a bike ride together may help a child feel better. You may also want to plan events with children from other families that are coping with deployment.

Limit television watching, especially of military action. Watching media coverage of conflicts or wars, even ones that the parent is not involved in can be emotionally draining. If your child is interested in watching television coverage of military action, try to do it together so that you can monitor what the child is seeing, answer questions, and offer reassurance. Your Fleet and Family Support Office can assist with ideas to help families and children deal with deployments.

For more information you may contact LT Marlo Narro at the FFSO at 370-4421

Nautical Terms and Phrases... Their Meaning and Origin

This week's term is:

Fouled anchor

The fouled (rope- or chain-entwined) anchor so prevalent in our Navy's designs and insignia is a symbol at least 500 years old that has its origins in the British traditions adopted by our naval service.



During a "Jail and Bail" held by the Navy Ball Committee, Prisoner Renollet, Prisoner Caster, Prisoner Byrd, and Prisoner Mishley were arrested by NSF Security. Photos by MCSN Joy

Want to share your favorite photo or two with the Island Team? Submit your photos with some information about the photo to Seamen Joy at joyc@dg.navy.mil. Photo credit will be given if published in the Tropical Times.

This Week in Naval History

Source: Naval Historical Center

July 8, 1778 - Allied French fleet under Comte d'Estaing arrives in America.

July 8, 1853 - Commodore Matthew C. Perry sails his squadron into Tokyo Bay.

July 9, 1846 - Sailors and Marines from USS Portsmouth occupy and raise flag over San Francisco.

July 9, 1960 - USS Wasp departs Guantanamo Bay to support United Nations effort to calm the newly independent Congo.

July 10, 1943 - Naval gunfire help Allied troops land on Sicily. It was first extensive use of LST's and smaller landing craft to deliver heavy equipment over the beach.

July 11, 1943 - Gunfire from U.S. cruisers and destroyers stop German and Italian tank attack against Army beachhead at Gela, Sicily.



July 12, 1953 - United Nations Fleet launches heavy air and sea attack on Wonsan; Major John Bolt, USMC becomes first jet ace in Marine Corps.

July 12, 1988 - SECDEF approves opening Navy's Underwater Construction Teams, fleet oiler, ammunition ships, and combat stores ships to women.

July 13, 1939 - Appointment of RADM Richard Byrd as commanding officer of 1939-1941 Antarctic Expedition.

July 14, 1813 - LT John M. Gamble, the first marine to command a ship in battle (prize vessel Greenwich in capture of British whaler Seringapatam)

July 14, 1882 - Sailors and Marines from 4 U.S. ships land to help restore order at Alexandria, Egypt.

Tide Report July 8 - 14

	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Saturday	12:29 a.m.	6:10 a.m.	-----	6:10 p.m.
Sunday	12:30 a.m.	6:56 a.m.	1:14 p.m.	7:02 p.m.
Monday	1:18 a.m.	7:38 a.m.	1:54 p.m.	7:49 p.m.
Tuesday	2:02 a.m.	8:18 a.m.	2:32 p.m.	8:32 p.m.
Wednesday	2:44 a.m.	8:58 a.m.	3:11 p.m.	9:12 p.m.
Thursday	3:26 a.m.	9:38 a.m.	3:52 p.m.	9:52 p.m.
Friday	4:08 a.m.	10:18 a.m.	4:33 p.m.	

The DG Modeler's Club



Meets every Sunday at 2 p.m. in the Chapel Fellowship Hall. Join in the fun on a Sunday afternoon.

Don't Make His Job Any Easier...



- **Unit Rosters** - Excellent source for names, phone numbers, addresses, information on dependents, etc.
- **Discarded Mail** - Could be used to send you a "letter bomb."
- **Office Correspondence** - Discarded leave requests, memos, etc.
- **Telephone Books** - If you must be listed in a phone book, request that only your name and number be used--no address or rank.
- **Manning Boards** - Many units have these. They generally list all the important people in a command--some even include pictures of these individuals.
- **Dress** - Clothes and T-shirts with military logos/ slogans identify you as an American and/ or U.S. Marine.
- **Unlocked Personally Owned Vehicle (POV)** - Allows a terrorist easy access to hide an explosive device inside your vehicle.
- **License Plates/ Decals** - Custom license plates attract undue attention. Never have license plates that advertise your name, rank, title/ position. Decals can also highlight you as an American or U.S. Marine.
- **Reserved Parking** - Important people warrant their own parking spots and are usually very close to offices. They also--in many cases--are marked by signs which identify who they are for.
- **Base/ Local Newspapers** - (e.g., *The Windsock*) Can provide very useful current and background information about individual commands and their personnel.
- **Overheard Conversations** - (e.g., barber shop, restaurant, etc.) Can help terrorists identify "soft" targets.
- **Phonecalls** - Individuals claiming to be someone they are really not can call you--or your family--and gather very useful information that can be used to target you. If you weren't expecting a call, ask for a name and number and call them back--after you find out if the call was legitimate.
- **Internet Websites** - As with unexpected phone calls, anyone can be at the other end of that electronic connection. Savvy computer operators--with the right software--can even collect information about you while you are connected to their website.
- **Name Plates** - Unexpected visitors (terrorists) will have a much easier time finding you in a building or office.
- **Luggage** - Visible identification tags, stenciling and decals will help identify you to terrorists. Spend the extra money for "civilian" luggage--don't attract attention by carrying around a "seabag."
- **Credit Cards** - Flashing credit cards around to impress people may impress the wrong person. Discarded carbon copies of your credit card transactions can provide useful information to a terrorist.
- **Expensive POVs** - Expensive vehicles attract attention and are usually driven by important people.

How Do Terrorists Collect Information?

Captain's Cup

Tropical Times
July 7, 2006

11



Captain's Cup Winners

1st - Medical 38 points
2nd - Security 34 points
3rd - Air Force 26 points

Bowling Winners

League President: Orly Encarnacion (encarnaciono@dg.navy.mil)

(W)370-3415, (Q)8896

League Treasurer: Loida Huertas (huertasl@dg.navy.mil)

(W)370-3520, (Q)6498

Bowling Center Attendants: Alex / Raymond

370-2805

PO	TEAM # / TEAM NAME	WON	LOST	PINS	AVE	GAMES	PCT (%)	Def
1	18 - COOL RAVEN	138	46	48408	701.57	69	75.00%	0
2	5 - DET WON	129	55	48492	702.78	69	70.11%	0
3	7 - HARBOR OOPS	127	57	48457	702.28	69	69.02%	0
4	13 - OCEA 1	114	70	47870	693.77	69	61.96%	0
5	11 - SPACE BALLS	110	74	47635	690.36	69	59.78%	0
6	17 - UNFORGIVEN	110	74	47116	682.84	69	59.78%	0
7	10 - STEW BURNERS	107	77	47557	689.23	69	58.15%	0
8	12 - GUTTER DUSTERS	106	78	45652	661.62	69	57.61%	0
9	14 - P. A. T.	104	80	47989	695.49	69	56.52%	0
10	15 - USS CENTER	103	81	47444	687.59	69	55.98%	0
11	22 - OCEA 3	101	83	46707	676.91	69	54.89%	0
12	4 - PORT OPS SHERIFFS	96	88	43051	623.93	69	52.17%	0
13	20 - PSN	95	89	43685	633.12	69	50.80%	3
14	16 - RULES OF ENGAGEMENT	91	93	42276	612.70	69	47.89%	6
15	6 - C&W ALL STARS	84	100	46886	679.51	69	45.65%	0
16	1 - SCRUBS	84	100	41822	606.12	69	44.21%	6
17	9 - SOCKS MANDATORY	76	108	40082	580.90	69	39.38%	9
18	8 - TURTLES	74	110	35142	509.30	69	37.19%	15
19	21 - LUCKY STRIKES	69	115	30539	442.59	69	33.17%	24
20	2 - THE OLDIES	44	140	25668	372.00	69	20.85%	27
21	3 - GHOST ONE	0	0	0	#DIV/0!	0	#DIV/0!	0
22	19 - GHOST TWO	0	0	0	#DIV/0!	0	#DIV/0!	0

Men's DivisionHigh Average - Average

Lou Trembley - 176.54

High Series - Score

Orly Encarnacion - 622

High Game - Score

Jess Morales - 255



1st - Cool Raven

Women's DivisionHigh Average - Average

Beth Del Pilar - 139.44

High Series - Score

Loida S. Huertas - 509

High Game - Score

Lou Jumaqio - 255



2nd - Det Won



3rd - Harbor Ops

4th of July Island Wide Picnic

This weekend, service members and civilian personnel came together to celebrate Independence Day “DG Style.”

Picnickers dined on American style barbeque and enjoyed music from the band, AOC (Absence of Color).

All participants received free 4th of July T- shirts at this island wide event.



Family Service Members' Group Life Insurance

Message to announce the new legislative changes to the family service members group life insurance (FSGLI) program. The FSGLI rates decreased effective 1 July 2006.

Changes will be incorporated into the next change to the procedures training guide (PTG).

Service members' group life insurance (SGLI) monthly premium increase.

This message is to announce the new legislative changes to the service members group life insurance (SGLI) program. The SGLI monthly premium rate will increase seven cents (\$.07) per month per \$1000.00 of coverage effective 1 July 2006. The new monthly premium rates are:

option coverage monthly premium

5 50,000 3.50

A 100,000 7.00

F 150,000 10.50

K 200,000 14.00

Q 250,000 17.50

R 300,000 21.00

S 350,000 24.50

T 400,000 28.00

The new SGLI premium rates will include an additional \$1.00 per month for traumatic injury protection coverage (TSGLI). This is a mandatory charge and is added automatically. Example: SGLI election coverage is \$400,000.00; SGLI monthly premium is \$28.00 + \$1.00 for TSGLI; total SGLI monthly premium deduction is \$29.00.

These changes will be incorporated into the next change to the procedures training guide (PTG).

Active duty limited duty officer and chief warrant officer

The limited duty officer and chief warrant officer career paths provide additional leadership opportunities for sailors and enhances their ability to contribute to the navy. Navy is seeking applications from highly qualified and motivated master chief, senior chief, chief, and first class petty officers for the fy-08 limited duty officer and chief warrant officer programs. Limited duty officers and chief warrant officers bring a variety of experience and unique perspectives into the wardroom from their enlisted service. Unlike other enlisted

commissioning programs, the limited duty officer and chief warrant

officer programs deliver to the officer corps seasoned professionals with proven leadership abilities at very economical cost.

Navy limited duty officers provide broad technical management skills and chief warrant officers provide specific technical expertise and leadership skills in support of the unrestricted and restricted line and staff communities. They serve in a variety of leadership billets within their technical fields, ranging from branch officer to commanding officer ashore.

Eligibility for the fy-08 board is calculated to 1 October 07.

Applications must be post-marked no later than 1 October 06 and addendums to applications must be received by 1 December 06. Due to rating mergers, and the speed at which they are occurring, eligible sailors are encouraged to apply for the designator for which they are most qualified, regardless of current rating. Refer to OPNAVINST 1420.

For eligibility criteria and application format.

For additional information on the limited duty officer and chief warrant officer programs, visit the limited duty officer/chief warrant officer website at:

npc.navy.mil/boards/administrative/ldocwo and

npc.navy.mil/officer.

Tuition assistance and waiver policy.

Education is and will continue to be a key factor in the personal and professional development of our sailors. Navy leadership is committed to providing financial assistance to all active duty sailors as they pursue their educational goals during off-duty hours through tuition assistance (TA), navy college program for afloat college education (NCPACE), academic skills development, and testing.

Effective immediately, all active duty sailors are eligible for 100 percent of tuition assistance up to \$250 per semester hour (SH) and up to 16 SH per FY (increase from the

historical limit of 12 SH). Sailors desiring to take more than 16 SH per FY must submit a waiver request. Each waiver package will be objectively considered by a review board and evaluated on its own merits. However, in no case will waivers be approved for more than the office of the secretary of defense (OSD) limit of \$4500 per FY at the \$250 semester hour cap. More tuition assistance and waiver information may be obtained from the navy college website at <https://www.navycollege.navy.mil/>

TA will remain at 16 SH throughout FY-07, but NETC will closely monitor utilization. If the rate of overall TA expenditures creates a danger of running out of TA funding prior to the end of FY-07, NETC may impose management controls and priorities to ensure that academic planning is not disrupted (such as limiting TA over 12 SH to courses tied directly to degree completion).

While TA is the primary source of educational benefit for sailors on shore duty, sailors desiring to continue education while at sea or in remote locations should use NCPACE. NCPACE is available with no caps to total SH within a FY. In addition to NCPACE and TA, free testing programs such as DANTES standard subject tests (DSST), college level examination program (CLEP), and excelsior college examinations are offered through local navy college offices and national testing centers. Sailors who may need college preparatory courses are encouraged to participate in the navy's academic skills program available at sea and ashore.

To be eligible for advancement to senior chief petty officer for FY-11 selection board and beyond, sailors must earn rating relevant associates degrees from an accredited institution. To review the list of rating relevant degree options from the navy college program distance learning partnerships access the smart transcript quick link on navy knowledge online at www.nko.navy.mil

(above information taken from official Navy message)